## Abstract

**Title:** Endurance training

**Objectives**: The aim of this research is to analyse the complexity of endurance growth for amateur cyclist. We will endeavour to suggest a suitable training plan for a 41 year old female.

**Method**: All data was gained by collecting. The entry and final diagnostics were carried out by biomedical laboratory. A cycling ergometer was used in the maximum perseverance training test (spiroergometry). The maximum heart rate test was completed in the outdoor terrain. We also carried out 5km terrain test on the road bicycle.

**Results**: In conclusion, an endurance of a 41 year old female can be improved with a suitable training plan. A significant increase in maximum usage $VO_2$ max was noted after a 5 weeks of interval training. Any increase in maximum power output was not demonstrated.



**Keywords**: Maximum usage of oxygen $VO_2$ max, aerobic endurance, interval training